

the rearward portion of a user's heel, approximately along the axis of the Achilles tendon;

b.) a torso harness device providing means for load bearing, equipped with a second anchor ring;

c.) a load strap providing a means for load transfer, with a first end and a second end, wherein during use the first and second ends of said load strap engage said first anchor ring of said foot cradle device and said second anchor ring of said torso harness device;

d.) a breakaway safety fastener incorporated into the length of said load strap, providing means for disengaging at a pre-determined load whereby a user can release a suspended leg using the muscles of the suspended leg while standing on the user's other leg, wherein said breakaway safety fastener comprises two magnets of opposite polarity.

11. The apparatus of claim 10, wherein said breakaway safety fastener disengages at an effective pre-determined load in excess of the load exerted on said breakaway safety fastener by the load of the user's rearward, elevated leg.

12. The apparatus of claim 10, wherein said foot cradle device further comprises:

a.) a first closed loop formed from a first flexible, elongated member, with means for adjusting the circumference of said first closed loop, and adapted to engage the user's foot such that said first closed loop completely encircles the user's forefoot forward of the shank of the leg;

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- b.) a second closed loop formed from a second flexible, elongated member with means for adjusting the circumference of said second closed loop, and adapted to engage the user's foot such that said second closed loop completely encircles the user's ankle approximately at the shank of the leg;
- c.) means for integrating said first closed loop with said second closed loop of said foot cradle device;
- d.) wherein said second closed loop is equipped with a releasable fastener;
- e.) wherein said first anchor ring of said foot cradle device is integrally attached to said second closed loop;
- f.) and said first anchor ring is pivotal within a plane of approximately 180 degrees.

13. The apparatus of claim 10, wherein the breakaway safety fastener comprises means for disengaging at a pre-determined load wherein the forces applied to said fastener are pull forces applied longitudinally to said fastener body, wherein said means for disengaging comprise:

- a.) a first housing member with a first strap holding member;
- b.) a second housing member with a second strap holding member;
- c.) one or more magnets fixedly attached to said first housing member;
- d.) one or more magnets fixedly attached to said second housing member;
- e.) wherein said magnets fixedly attached to said first housing member are of an equal number to said magnets fixedly attached to said second housing member;

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f.) wherein said magnets attached to said first housing member and said complementing magnets attached to said second housing member are in opposite magnetic pole orientation whereby said magnets attached to said first housing member are attracted to said complementing magnets attached to said second housing member;

g.) wherein when coupled said fastener provides said magnets in said first housing member in flush coaxial contact with said magnets in said second housing member.

14. The apparatus of claim 13, wherein when coupled said first housing member and said second housing member are substantially rigid and non-pivotal.

15. The apparatus of claim 13, wherein when coupled said first strap holding member and said second strap holding member are substantially at opposite distal ends of the fastener body.

16. The apparatus of claim 13, wherein when coupled said forces applied longitudinally to the fastener body to disengage said fastener are applied at said first strap holding member and said second strap holding member.

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